

UPNVJ FK Students Again Win Achievements at the National Level at the IMSTC Event

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HumasUPNVJ - Nitya Fithra Salsabila and Gammarezka Fitra students of the UPN Veterans Jakarta Faculty of Medicine won 1st place and 3rd place at the National level in *the Indonesian Medical Students Training and Competition (IMSTC)* activity in the field of *photography* which took place at Brawijaya University Malang, Thursday 6 February to Sunday 9 February 2020.

The Indonesian Medical Student Training and Competition (IMSTC) is an annual national event under the auspices of the Indonesian *Asian Medical Students' Association (AMSA)*. This year IMSTC was attended by delegates from dozens of medical faculties throughout Indonesia. The series of core events is filled with *training* and competitions. Training or training is held in small classes that discuss *scientific papers, scientific posters, public posters, photography* and *videography*. Meanwhile for the competition, 10 finalists from each series of competitions who have been selected since last December will come forward to do an *oral presentation* of their work.



Nitya and Gamma explained to the PR team that there were a number of things that needed to be prepared, "What is prepared, of course, starts with readiness for *oral presentation* , in the form of finding valid data, then preparing props such as wall posters to help with assessment criteria, smooth *speech* and attributes to help the flow of the presentation. It is also necessary to ask for support and prayers from friends and family. We also hope that this will be the first step for us to continue to be passionate about learning and seeking experience. Because actually winning and losing is a bonus, but the process of getting there is actually a valuable lesson and experience. This college period is a golden time to gain a lot of experience, relationships, and enrich yourself with insight, so make the most of it." Obviously they

In addition, Gamma also advised his other friends to always be enthusiastic about exploring the potential that exists within them, "at such a young age, keep seeking experience and continue to explore the potential that you have, and don't hesitate in the slightest to take part in the championship because whatever the result, you have to be sure that all of that is just an added value, and experience is what really matters the most." he said

Apart from *training* and presentations, IMSTC activities are also filled with various exciting activities such as *talk shows* , *culinary nights*, and *farewell parties*.



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